



# **DELHI PUBLIC SCHOOL, RANCHI**

## **Annual Examination (2016-17)**

**Class:-XI**

**Time- 1 Hrs.**

**Subject:-Physical Education**

**M.M-70**

### **General Instruction:**

- 1. The question paper consists of 26 question in all.**
- 2. All questions are compulsory.**
- 3. Answer to questions carrying 1 mark should be in approximately 20-30 words.**
- 4. Answers to questions carrying 3 marks should be in approximately 80-90 words.**
- 5. Answers to questions carrying 5 marks should be in approximately 150- 200 words.**

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- 1. Define physical activity. [1]**
  - 2. What are ergogenic aids? [1]**
  - 3. What is pranayama? [1]**
  - 4. Define endurance. [1]**
  - 5. What is sports journalism? [1]**
  - 6. What do you mean by measurement? [1]**
  - 7. What is oxygen debt? [1]**
  - 8. Define force. [1]**
  - 9. What do you mean by sports psychology? [1]**
  - 10. What is technique? [1]**
  - 11. Define biomechanics. [1]**
  - 12. Differentiate between growth and development? [3]**
  - 13. Rakesh was a good high jumper of our school. He used to do strenuous training. During practice he used to jump 1.55 m. His intention was to win medal at the state level tournament. But his technique was not proper for winning a medal at such level. He showed interest in learning the new technique i.e. fosbury flop. His coach helped him in learning this technique and made him perfect. Ultimately he learnt the new technique of high jump. His performance was enhanced extraordinarily. Consequently, he won the gold medal in high jump event by clearing a height of 1.75 m. It was a remarkable achievement for him.**

Based on the above passage, answer the following questions: [3]

(a) What value of the coach did impress you?

(b) What value does Rakesh possess?

(c) Was achievement of Rakesh remarkable in comparison to his past performance?

14. Define warming up. Explain the types of warming up. [3]
15. Explain the centripetal and centrifugal forces. [3]
16. Elucidate the classification of bones. [3]
17. Discuss any three needs of proper sports environment. [3]
18. Discuss opening and closing ceremonies of paralympic games. [3]
19. What is flexibility? Discuss the various types of flexibility. [3]
20. Explain the importance of yoga in daily life. [5]
21. Explain the various career option in physical education. [5]
22. What do you mean by physical fitness? Elucidate any two components of physical fitness. [5]
23. What do you mean by limbering down? Enumerate the methods of warming up in detail. [5]
24. Explain the problems of adolescence in detail. [5]
25. Discuss the functions of muscles and circulatory system. [5]
26. Elaborate the causes of plateaus in the field of physical education and sports. [5]